

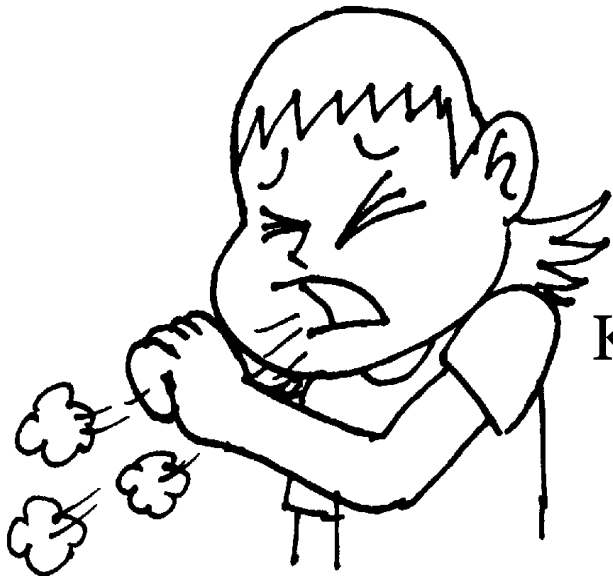
# Bronchial Asthma

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# Definition

is the common chronic inflammatory disease of the airways characterized by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm.

Asthma classified as :

- ❖ atopic (extrinsic).
- ❖ non-atopic (intrinsic).

It is thought to be caused by a combination of genetic and environmental factors

# Ø Problems & Hypotheses

1-Shortness of breath	2-Cough	3-Feels tired
<ul style="list-style-type: none"> <li>• Chest pain, coronary artery disease</li> <li>• Viral/bacterial infection</li> <li>• Bronchial asthma</li> <li>• Muscles Trauma</li> <li>• Anemia</li> <li>• Pneumothorax</li> <li>• Rhinitis</li> <li>• Pneumonia</li> <li>• Defect in Pherinic nerve</li> <li>• Foeign body in nasla cavity</li> <li>• Bronchoncoconstriction</li> <li>• Increase in mucous secretions</li> <li>• Allergic reaction</li> <li>• Bronchitis</li> <li>• Emphysema</li> <li>• Pleural effusion</li> <li>• Pleurisy</li> <li>• Pulmonary embolism</li> <li>• Pulmonary hypertension</li> <li>• Pericarditis</li> <li>• Neuromuscular disorder</li> <li>• Panic attack</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking</li> <li>• Infection of respiratory tract</li> <li>• Bronchial asthma</li> <li>• Congestive heart failure</li> <li>• Common cold</li> <li>• Bronchitis</li> <li>• Emphysema</li> <li>• Exposure to dust</li> <li>• Allergy</li> <li>• Bronchoconstriction</li> <li>• Irritation of mucosa</li> <li>• Pulmonary edema</li> </ul>	<ul style="list-style-type: none"> <li>• Insomnia “Lack of sleep”</li> <li>• Anemia</li> <li>• Viral/bacterial infection</li> <li>• Muscle weakness</li> <li>• Hypoxia</li> <li>• Diabetes</li> <li>• Malnutrition</li> <li>• Hypothyroidism</li> <li>• Ischemia</li> <li>• Psychogenic problem “Stress, Depression”</li> </ul>

## Ø Questions to ask the patient

- Any history of smoking?
- Any history of medication?
- Any history of allergies?
- Any chronic or recent infection?
- Any history of chest pain?
- Any history of exposure to dust?
- Family history?
- Social history?
- Any blood in cough?
- If the symptoms worsen at a specific time?
- Any history of surgery?

# causes

Allergic (extrinsic/ atopic)

Infective( Intrinsic)

Psychological factors :

like anxiety, emotional stress etc...

Occupational asthma:

This can occur in certain industries in which there is exposure to metallic dusts

# Symptoms

Recurrent episode of Dyspnea ( shortness of breath).

Protective cough( with sputum).

Wheezing .

Chest pain .

# Tests and Diagnosis

□ There are two types of investigations:

❖ Laboratory investigation :

Sputum culture , cytology .

❖ Radiology investigation :

Chest x-ray , ST-scan of the chest , MRI of the chest.

□ Spirometry test : (FEV1 ...)

# Treatment

## 1) Bronchodilators:

Epinephrine; Salbutamol; Salmeterol, Theophylline, Ipratropium.

## 2) Anti-inflammatory drugs

Mast cell stabilizers, Corticosteroids, Leukotriene-modifying agents

## 3) Drugs for Cough

## 4) Antibiotics

## 5) Anti-immunoglobulin E



# COMPLICATIONS

- Apart from chronicity, usually no complications.
- Pneumothorax.
- emphysema.
- pulmonary collapse may occur in very advanced cases.

# Prevention

- ❑ Avoid the allergen you are sensitive to.
- ❑ Doing regular light exercise like brisk walking or jogging. Heavy exercise can precipitate an attack of asthma, so doing mild exercise without putting too much strain on the body.
- ❑ Learn breathing exercises to improve your lung capacity.
- ❑ Eat healthy, nourishing and well balanced diet.

# Risk Factors

- Family history of [eczema](#).
- [Allergies](#).
- Family history of [asthma](#).
- Obesity .
- [Smoking](#).